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BEHAVIOURAL CHANGES IN MY LIFE

My full names are Kiplagat Kirui ALVIN. I have got twenty seven years of age. Since I was born in Baringo District at a village at Kipsaraman. But this time I am in Naivasha Main prison serving life sentences since 23rd March 2012 after judgement.

It happened when I kidnapped a school girl in my village. I ~~was~~ ignored the rules of the government that moment. I looked at myself as if I was right, but not yet. So I was caught by the Police one day

On Wednesday afternoon in my house. That day was an amused ^{day} in my life. I never thought I will be beaten or slapped but it happened and then continued further to police custody then to Court. After that I was jailed due to that the witnesses argued to the Court judge to make it real. Actually, I suffered angrily with stress all the time inside the prison.

After some days and years, I ~~was~~ learned to be Counselor, teacher, a barber and even welding technician after being taught by the same inmates like me who had to focus about their life time as they go outside the prison. Even those who are sentenced life, they are still eager inside their hearts that they will go. Even I myself think critically about it especially that inmate who have served more than twenty years is still sure he must go. That is something wonderful even from the eyes of God.

On June 2016, when I was passing inside the prison yard on the way to school, I met an inmate holding papers written mindfulness leadership program. Without hesitating, ~~and~~ I told him let me look unto it. As quickly as possible he gave it to me. I read it and I understood some of them. As soon as possible, I asked him a lot of questions concerning the program. That's when he told me to think positively in life and the way you will be doing. I react and liked it. After being taught

by this inmate, I continued to attend wednesday Learning each and everytime to learn more.

The mindful program thought me to think positively in ^{my} life, to be self-esteem like positive attitude. Especially the correction of the 5 Senses in human beings eg Sense of touch, Smell, taste, Sight and hearing. And the things that promote living like good nutrition and Stress reduction.

By now I have seen in my changes through visions. What I am participating inside the Naivasha Main prison determines what my career and my life would be. These changes I was behind the back is not the same as I am now. To those who knew me by then they will regret why and how but ~~they~~ ^{Some} will ^{By} Congratulate and they will benefit. Like the way to ~~thing~~ think before reacting to angry people and those who mourn, are one of the changes in my life.

Upto yet, I am seeing this program of mindfulness has changed ~~man~~ as many prisoners inside the prison and even the Staff. I am saying this because some of the Staff officers before the start ^{of} mindfulness program, they never argued or laughed as they argue with inmates, but now they laugh and talk as if they are their relatives. The saying or chorus is that, "prisoners are people too." I know this program will continue even as we go outside the world especially to our families.

About the mindful program, I was taught how to use a computer through Skype. That was an enjoyable program since my life. What I will say is to thank the one who started the program and urge her/him to continue and God will bless. Another thing is if it is possible, "to increase more and more mindfulness programs through computer Skype and C.D.S for watching to the unreached people.

Mindful trainer,
Kiplagat Kirui ALVIN
